

11 April 2002



Personnel

AFROTC DETACHMENT CADRE FITNESS PROGRAM

COMPLIANCE WITH THIS INSTRUCTION IS MANDATORY

OPR: HQ AFROTC/DOXS (Capt Edward L. Salsgiver, Jr.)
Supersedes AFOATSI 36-2904, 15 March 2002

Certified by: HQ AFROTC/DOX (Lt Col Louis J. Piccotti)
Pages: 8
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This instruction implements the Air Force Fitness Program for personnel assigned to Air Force Reserve Officer Training Corps (AFROTC) detachments. It establishes a mandatory fitness program for those detachments that have a waiver from the annual Air Force Fitness Assessment.

SUMMARY OF REVISIONS

*This revision deletes the data collection responsibilities from the AFOATS Commander's Support Staff and shifts it to the AFROTC Region Commanders (para. 2.2.) and AFROTC Executive Officer (para. 2.6.).

1. General Information

1.1. Purpose.

Many of the detachments in AFROTC are geographically separated from facilities equipped to administer the Air Force Fitness Assessment in accordance with AFI 40-501, *The Air Force Fitness Program*. These units are generally granted waivers from the assessment requirement. To ensure that personnel maintain physical fitness, this instruction establishes a mandatory exercise program for AFROTC detachments granted a Geographically Separated Units (GSU) waiver.

1.2. Waivers and Exemptions.

The AFROTC commander is the sole authority for granting waivers and exemptions to the requirements of this instruction.

2. Responsibilities

2.1. AFROTC Commander Responsibilities.

2.1.1. Waiver authority from the provisions of this instruction.

2.1.2. Ensures a waiver from AF Fitness Assessments is submitted annually for all GSU detachments.

***2.2. AFROTC Region Commander Responsibilities.**

2.2.1. Provide a consolidated report to AFROTC Executive Officer summarizing the region's results for the previous quarter NLT the 15th of January, April, July, and October.

2.3. AFROTC Detachment Commander Responsibilities.

2.3.1. Establish and sustain the AFROTC Cadre Fitness Program if the detachment has a waiver from AF Fitness Assessments. The detachment commander is ultimately responsible for the successful execution of the AFROTC Cadre Fitness Program at their detachment.

2.3.2. Appoint a Unit Fitness Monitor (UFM) if the detachment is participating in the AFROTC Cadre Fitness Program.

2.3.3. Provide the detachment's host base Fitness Program Manager a copy of the detachment's GSU waiver.

2.3.4. If the detachment has a GSU waiver, provide a quarterly summary report to their AFROTC Region Commander NLT the 5th workday of January, April, July, and October.

2.4. AFROTC Detachment UFM Responsibilities.

2.4.1. Collect Individual Fitness Sheets, on a monthly basis, from every cadre member (participant) assigned to the detachment.

2.4.2. Transfer the information from Individual Fitness Sheets to the Detachment Monthly Fitness Log.

2.4.3. Notify the detachment commander of individuals who have not complied with the AFROTC Cadre Fitness Program.

2.4.4. Retain copies of Individual Fitness Sheets and Monthly Fitness Logs for a minimum of 24 months.

2.5. AFROTC Detachment Personnel (Cadre Members Only) Responsibilities.

2.5.1. Earn at least 102 fitness points each calendar month and fill out Individual Fitness Sheets.

2.5.2. Turn in Individual Fitness Sheets to the UFM.

***2.6. AFROTC Executive Officer Responsibilities.**

2.6.1. Submit a consolidated report to AFROTC/CC summarizing the past quarter's results NLT the 25th of January, April, July, and October.

3. AFROTC Cadre Fitness Program

3.1. Applicability.

3.1.1. The AFROTC Cadre Fitness Program is mandatory for all cadre personnel assigned to AFROTC detachments that have a waiver from the Air Force Fitness Assessment.

3.1.2. The AFROTC Cadre Fitness Program is optional for units currently accomplishing Annual AF Fitness Assessments with no waiver, but is highly encouraged as a leadership tool to ensure the health and fitness of cadre members.

3.2. Description.

3.2.1. The fitness program is comprised of three areas: aerobics, sports, and strength activities. Participants earn fitness points for performing activities in each of the areas.

3.2.1.1. Participants earn 8 fitness points per 30 minutes of aerobic exercise. An aerobic exercise is one that uses large muscle groups for a prolonged period, is rhythmic in nature, and raises the member's heart rate to a sustained level between 60% and 85% of the member's estimated maximum heart rate. The estimated maximum heart rate is $(220 - \text{member's age})$ beats per minute. Examples of aerobic exercises are running, stair climbing, aerobics classes, spinning, rowing, ellipticals, jumping rope, swimming, shoveling snow, cross country skiing, and speed walking.

3.2.1.2. Participants earn 6 fitness points per 30 minutes of participating in sporting activities. Sporting activities are those that elevate the heart rate for an extended period, but are not rhythmic in nature (i.e. punctuated by stop-and-go action). Examples of sport activities are basketball, tennis, rugby, soccer, volleyball, racquetball, downhill skiing, and ice hockey. NOTE: Bowling and golf are not to be considered sporting activities.

3.2.1.3. Participants earn 5 fitness points per 30 minutes of performing strength-building activities. Strength activities are those in which the primary goal is increasing the member's strength. Examples of strength activities are weight lifting, rock climbing, and calisthenics (e.g. push-ups and sit-ups).

3.2.2. The monthly requirement for participants is to earn at least 102 fitness points each calendar month. The 102 fitness points may be achieved by exercising in any combination of the three fitness areas (aerobics, sports, and strength activities) each month. The recommended goal for participants is to earn at least 80 fitness points through aerobic activities, 12 points through sports, and 10 points in strength activities. These recommended point values for each of the three different areas are simply targets for a well-rounded workout and may be tailored to each individual's needs, as long as the grand total reaches at least 102 points per month.

3.3. Procedures.

3.3.1. Participants will record the number of minutes spent on exercise activities on an AFROTC Individual Fitness Sheet (Attachment 2) and calculate the monthly sum of their earned fitness points.

Example: if a participant performs an aerobic exercise for 45 minutes, they earn 12.0 fitness points (45 minutes ÷ 30 minutes x 8 fitness points = 12 fitness points).

3.3.2. At the end of the month, the member will calculate the total number of fitness points earned for that month on the Individual Fitness Sheet. Personnel will provide the UFM with their monthly Individual Fitness Sheet.

3.3.3. The UFM will record all personnel's monthly fitness points total on an AFROTC Detachment Monthly Fitness Log (Attachment 3). The UFM will retain the detachment's Individual Fitness Sheets and Monthly Fitness Sheet for at least 24 months for inspection purposes.

3.3.4. Each detachment with a GSU waiver will submit a report NLT the fifth workday of January, April, July, and October summarizing their results for the previous 3 months (Attachment 4).

3.4. Compliance.

3.4.1. Individual participant compliance is met if the individual earns at least 102 fitness points for the calendar month.

3.4.1.1. Personnel are exempt from program compliance in the months in which they arrive or depart the detachment as a PCS.

3.4.1.2. Personnel are exempt from program compliance in any month in which they have been placed on medical profile preventing physical activities for at least 5 days in the month.

3.4.1.3. Personnel must still meet the requirements of the program in any month in which they are temporarily away from the detachment (e.g. on TDY or leave).

3.4.2. Detachment compliance is only met when all personnel at the detachment are in compliance.

CHARLES B. SHERBURNE, JR., Colonel, USAF
Chief, Operations Division

Attachments:

1. Glossary of References and Acronyms
2. AFROTC Individual Fitness Sheet
3. AFROTC Detachment Monthly Fitness Log
4. Sample Detachment Quarterly Report

Attachment 1
GLOSSARY OF REFERENCES AND ACRONYMS

References.

AFI 40-501, *The Air Force Fitness Program*

Abbreviations and Acronyms.

AFOATS – Air Force Officer Accession and Training Schools

AFROTC – Air Force Reserve Officer Training Corps

GSU – Geographically Separated Unit

MPF – Military Personnel Flight

NLT – No Later Than

PCS – Permanent Change of Station

TDY – Temporary Duty

UFM – Unit Fitness Monitor

Definitions.

Geographically Separated Unit (GSU): For the purposes of this instruction, a GSU is defined as a unit that is thirty (30) miles or more from the host or main operating base that provides support. The host or main operating base is defined as the base where the member's MPF is located.

Attachment 2
AFROTC INDIVIDUAL FITNESS SHEET

PLEASE TURN IN SHEET MONTHLY TO YOUR UNIT FITNESS MONITOR												AFROTC Fitness Program											
NAME -												Date -											
Det -																							
DAY OF THE MONTH																							
Vigorous Aerobic Points:																							
Number of Minutes:																							
8 pts for 30 min																							
examples running, stairclimbing, aerobics																							
classes, spinning, rowing, ellipticals																							
jumping rope, swimming, shoveling snow																							
cross country skiing, speed walking																							
DAY OF THE MONTH																							
Vigorous Sports Points:																							
Number of Minutes:																							
6 pts for 30 min																							
examples basketball, tennis, rugby																							
Soccer, volleyball, racquetball																							
downhill skiing, ice hockey																							
DAY OF THE MONTH																							
Strength Related Points:																							
Number of Minutes:																							
5 pts for 30 min																							
examples weight lifting, rock climbing																							
calisthenics (push-ups/situps)																							
Grand Total:												of 102											

[illegible]

Aerobic	Target Goal	80	points	per month
Sports	Target Goal	12	points	per month
Strength	Target Goal	10	points	per month

Month's Total Points = sum of aerobic, sports, and strength points achieved

Month's Total	Required Goal	102 points per month
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Attachment 4
SAMPLE DETACHMENT QUARTERLY REPORT



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

5 April 2002

MEMORANDUM FOR HQ AFROTC SOUTHEAST REGION

FROM: AFROTC Det 000/CC
1234 Nowhere Street
Anywhere AL 00000-0000

SUBJECT: Quarterly Fitness Program Report: Jan-Mar 02

1. The following summarizes the Fitness Program results for Detachment 000:

<u>Name</u>	<u>January</u>	<u>February</u>	<u>March</u>
SSgt Juan	202	195	213
TSgt Too	130	118	128
Capt Tree	120	111	On profile
Maj Fore	245	238	253
Col Doe	173	157	168

2. Capt Tree fractured his ankle on 14 March 2001 and was exempt from meeting his goals for the month. Detachment 000 is in compliance with AFOATSI 36-2904.

3. If you have any questions, my Unit Fitness Manager is SSgt Juan, (123) 456-7890.

//signed//

JOHN A. DOE, Colonel, USAF
Commander